

## Reflections

Tuesday, April 21, 2020

### Monroe Scientists Catch “Ghost” on Camera!

Ross and Nancy were puzzled, then excited, when they found a very strange image caught on the video surveillance camera monitoring the copper wall project in the cabin. Ross described, “it would come into the hallway, and move up and out of the frame.”

So Ross watched the eight second loop over and over again to see if he could figure it out. Sure enough, when he stepped back and looked at the shape of the aberration, it could be plainly seen as...a stinkbug.

It had flown onto the camera lens and crawled up and out of the frame.

It would have been so much more fun if it had been Bob Monroe come back to see the progress on what does it mean to be “more than our physical body.”

“Ode to a stink bug” (0:45): [https://www.youtube.com/watch?v=IBMPCbI\\_8m0](https://www.youtube.com/watch?v=IBMPCbI_8m0)

### Spanish Translations of free meditations

If you have friends that speak Spanish and would enjoy our free meditations, they have been translated by our Outreach Trainers in Spain. Please pass on the links and encourage them to do the same.

Here's the links:

*Health and Wellbeing* (voice in Spanish: Enrique Ramos, outreach trainer)  
<https://youtu.be/Kyqi9uMpt7Q>

*Relaxation* (voice in Spanish: Enrique Ramos, outreach trainer)  
<https://youtu.be/rKN-NDWhW08>

*Restoring your energy* (voice in Spanish: Daniel Chumillas, outreach trainer)  
[https://youtu.be/iG\\_rqLJVUpQ](https://youtu.be/iG_rqLJVUpQ)

*Eternal Sun* (voice in Spanish: Daniel Chumillas, outreach trainer)  
[https://youtu.be/HMs\\_TJz1PBM](https://youtu.be/HMs_TJz1PBM)

*Feeling Lighter* (voice in Spanish: Enrique Ramos, outreach trainer)  
<https://youtu.be/69GqJ2IDTcY>

**(SEE ALSO:** <https://archive.org/details/monroe-institute-meditations-sp-toc>)

See you Wednesday,  
Scott